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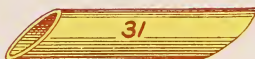











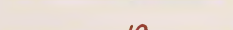


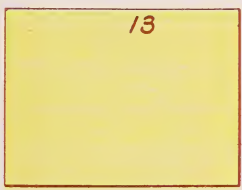
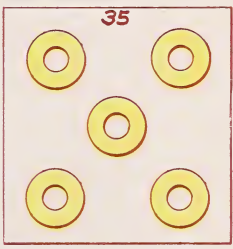
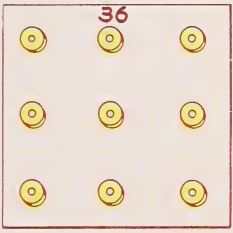
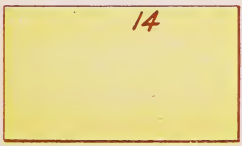
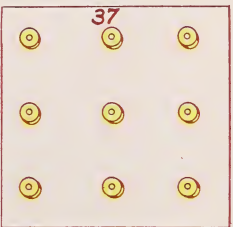
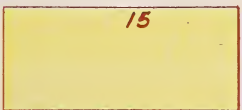


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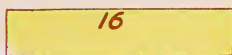
JACK CUSIMANO

FOR USE IN THE FOLLOWING RECEIPTS

- | | | | |
|---------------------|---|---|------------------|
| 1 Zitoni |  |  | 31 Pennine |
| 2 Ziti |  |  | 32 Stivaletti |
| 3 Macaroni |  |  | 33 Ditalini |
| 4 Mezza-nelli |  |  | 34 Fagiolini |
| 5 Percia-telli |  | | |
| 6 Percia-tellini |  | | |
| 7 Spaghetti Forati |  | | |
| 8 Spaghetti |  | | |
| 9 Vermicelli |  | | |
| 10 Vermicellini |  | | |
| 11 Capelli D'Angelo |  | | |
| 12 Capellini |  | | |
| |  | | |
| 13 Lasagne | |  | 35 Anellini |
| | |  | 36 Tubettini |
| |  | | |
| 14 Lasagnette | |  | 37 Occhi-Pernice |
| |  | | |
| 15 Reginette | | | |

FOR USE IN THE FOLLOWING RECEIPTS

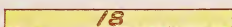
16 *Tagliarini*



17 *Lingue passero*



18 *Trinettine*



19 Coiled *Vermicellini*

19-20-21-22-23-24



20 Coiled *Vermicellini*

21 Coiled *Capellini*

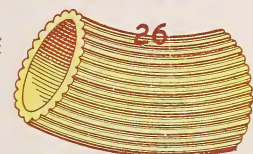
22 Coiled *Reginette*

23 Coiled *Noodles*

24 Coiled *Trinettine*



25 *Cannaroni*

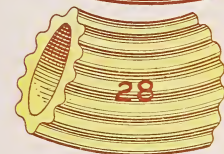


26 *Rigatoni*

27 *Mustaccioli*



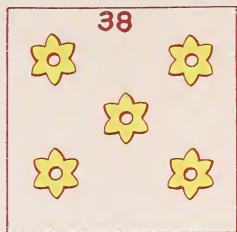
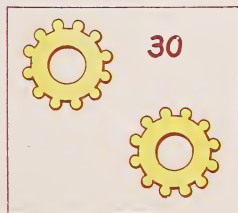
28 *Ditali Rigati*



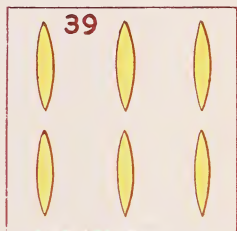
29 *Ditali*



30 *Anelli Ricci*



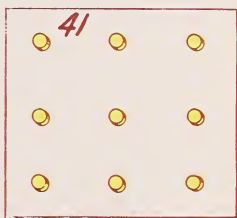
38 *Star*



39 *Orzo*



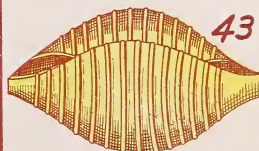
40 *Alfabeti*



41 *Acino-Pepe*



42 *Maruzze*



43 *Abissini*

ECONOMICAL ITALIAN COOK BOOK

CONTAINING MANY NEW AND DELICIOUS RECEIPTS
AND DESIGNED ESPECIALLY
TO MEET THE PRESENT HIGH COST OF LIVING



PUBLISHED BY
JACK CUSIMANO
LOS ANGELES, CALIFORNIA
1917

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INTRODUCTION

This book has been written especially to reduce the high cost of living, giving at the same time substantial and healthy food receipts.

One beauty of America is that any one may have their own garden, and all vegetables used in these receipts can be raised in one's own garden.

SOUPS

Bean Soup a la Italiene

Take half pound Lady Washington beans, boil in one gallon hot water until tender, add one onion, two cloves of garlic whole, two carrots, two turnips, two leaves celery sliced, two ears fresh corn whole; salt to taste. When cooked remove onion, garlic, corn; add half pound of No. 30 Anelli Ricci or No. 35 Anellini or No. 36 Tubetlimi or No. 37 Ochi-Pernice or No. 38 Stars or No. 39 Orzo or No. 41 Acino-Pepe. Cook together ten minutes then add two or three tablespoonfuls of olive oil, pepper to taste. (Enough for six people.) The following beans may be used the same way: Lima, Red Kidney, Speckled Kidney, Garvanza, Black Eye, Navy, Lentels.

Lima Bean Soup

Boil half pound lima beans. When tender pass through colander, add half onion, two tomatoes chopped fine, two slices bacon, salt and pepper to taste; boil half hour.

Cauliflower Soup

One head cauliflower boiled until tender in three quarts of water. Then take one pound No. 12 Capellini, break in small pieces, add to cauliflower; cook fifteen minutes stirring constantly. Remove from fire, add two tablespoonfuls olive oil, salt and pepper to taste. Enough for six people.

Lettuce Soup

One head lettuce, boil in three quarts boiling salt water until tender. Take one pound No. 29 Ditali; add to lettuce; boil together half hour; add two table-spoonsfuls olive oil, salt and pepper to taste. Endive and kale may be used in same way.

Pea Soup

One pound green peas, one quarter cabbage sliced thin, two carrots, two turnips, one onion sliced; boil in one gallon water until tender; add one pound No. 30 Anelli Ricci or No. 24 Coiled Trinettine or No. 7 Spaghetti Forati, broken in small pieces; boil together half hour; remove from fire, add four tablespoonfuls olive oil, salt and pepper to taste.

Winter Pumpkin Soup

One pound dry lima beans; soak over night; boil in enough boiling water to cover until tender; add six slices pumpkin one-fourth inch thick two inches long; cook together twenty minutes; remove from fire; add two tablespoonfuls olive oil, salt and pepper to taste.

Italian Squash Soup

Take four squash, cut lengthwise one-fourth inch thick two inches long; add six whole ears dry corn that has been boiled one hour; cook together until squash is tender in one gallon water; add one pound No. 41 Acino-Pepe; cook fifteen minutes; remove from fire; add three tablespoonfuls olive oil, salt and pepper to taste. Enough for six people.

Italian Soup for Invalids

Put one small chicken to boil in one gallon of water, when boiling add one carrot, one turnip, one onion, two cloves garlic whole, one tablespoonful minced parsley, salt and pepper to taste; boil together one hour; remove chicken; strain soup; add one-fourth pound of No. 35 Anellini or No. 36 Tubettini or No. 37 Occhi-Pernice or No. 38 Stars or No. 39 Orzo or No. 40 Afabeti or No. 41 Acino-Pepe, and boil fifteen minutes. Serve chicken fried brown in olive oil or lard. Soup meat may be used instead of chicken.

Hamburg Soup (a la Italiene)

One pound Hamburger, add half onion, two cloves garlic, one spray parsley, spray of mint chopped fine; add three tablespoonfuls corn meal, half cup bread crumbs, two eggs, salt and pepper; mix well; make in small round balls. Take two tablespoonfuls olive oil or lard, half onion, spray mint, one clove garlic, one tomato chopped fine; fry medium; add three quarts water when boiling; add meat balls and two tablespoonfuls rice; boil twenty-five minutes (delicious).

FISH

Fried Halibut

Wash and dry one pound halibut, dust with salt and pepper; beat whites of two eggs stiff; add yolks; add one tablespoonful flour; beat together; dip fish in egg and fry brown on each side in hot olive oil. Serve with minced parsley on top.

Baccalario (a la Italiene)

Soak one pound of cod fish over night; remove from water, dry; cut in slices four inches long; dip in flour; dust with pepper; fry in hot olive oil or lard until brown. May serve with following sauce: One-half onion, two cloves of garlic, one spray of parsley chopped fine; fry medium in olive oil or lard; add one can tomatoes, two cups water, salt and pepper to taste; stew half hour.

Baked Barracuda

In a bake pan put two tablespoonfuls olive oil; lay barracuda in pan; slice one onion on top, two table-spoons minced parsley, two cloves garlic chopped fine, salt and pepper; add one can tomatoes, two cups water. Bake slowly forty minutes, basting often with tomatoes.

Cod Fish Fritters

Soak one pound cod fish over night; remove from water and dry; cut in pieces three inches long. Take two cups flour, two teaspoonfuls baking power, pinch of salt and pepper; add enough water to make soft batter; dip fish in batter and fry in hot olive oil until brown. Serve hot.

Fried Baby Smelts

One pound of smelts; roll in flour, dust with salt and pepper; fry in hot olive oil until brown on both sides. Take half cup cold boiled fresh annice chopped fine; add half cup bread crumbs, salt and pepper to taste; fry until brown. Serve on top of smelts.

MEATS, POULTRY AND GAME

Spitsatell or Aragoù

Take one pound of boiling meat; boil till tender, cut in small pieces; take six cold boiled potatoes, cut in small pieces, one onion, two chili peppers, two tomatoes chopped fine; fry all together in two tablespoonfuls of olive oil or lard ten minutes; add enough water to cover; season with salt and pepper to taste. Stew fifteen minutes. Serve hot.

Pulpetti (a la Italiene)

One pound hamburger, one half onion, two cloves garlic, two sprays parsley; chop very fine; add two eggs, half cup bread crumbs, half cup grated Roman cheese, salt and pepper to taste; mix well together; form in croquettes; fry brown on both sides in olive oil or lard; remove and put in deep stew pan; add one can tomatoes, two cups water, salt and pepper to taste; let simmer half hour. Sauce may be used for macaroni, also.

Chicken Stufatto

Take one chicken, cut in quarters; wash and dry well; into a sauce pan put three tablespoonfuls of olive oil; add half onion, two cloves garlic, three leaves of mint, three sprays parsley, two bay leaves, one spray rose mary, one spray of thime chopped fine; fry all together for five minutes; add chicken; fry together ten minutes, stirring constantly; add two cans tomatos, stew ten minutes, then add four cups water, half cup dry or fresh mushrooms; boil slowly one hour (delicious). Sauce may be used over No. 14 Lasagnette.

Pigs Feet Stew (Special)

Boil six pigs feet in salt water one hour, remove; into a sauce pan put two tablespoonfuls olive oil, one-half onion, one clove of garlic, three leaves mint, one spray of parsley, one spray rose-mary, two bay leaves, one spray thyme chopped fine; fry medium in oil; add two cans tomatoes, four cups water; add pigs feet and stew half hour. Sauce may be used over No. 32 Stivaletti or No. 17 Lingue Passero with grated Roman cheese on top.

Liver (a la Italiene)

Fry liver in hot olive oil; remove from oil and put one onion, six green chili peppers, four tomatoes, chopped or sliced, in olive oil to fry fifteen minutes, stirring constantly; add salt and pepper to taste; just before removing add one tablespoonful of vinegar; pour over liver. Serve hot. Rabbit may be cooked in same way.

Steak (a la Camagna)

Take as many steaks as desired; then place four bricks or rocks in yard or country make fire; after fire has died down place a broiler or wire over hot coals; sprinkle salt on meat, lay on wire or broiler; have ready four tablespoonfuls olive oil, four cloves garlic mashed, six leaves mint chopped fine, pinch allspice, salt and pepper in jar; shake well and baste meat often while cooking (delicious).

Kidney Stew

Take one set kidneys, cut i nsmall pieces; into a sauce pan put one tablespoonful olive oil or lard; chop one onion, two green chili peppers, two cloves of garlic, one spray parsley; put with kidneys to fry for five minutes; stir constantly; add one can tomatoes, cook ten minutes, then add two cups water; stew half hour. Serve hot. Tripe or tongue may be cooked in same way.

Jack Rabbit (Special)

Boil one rabbit whole one hour; remove from water; in a bake pan put two tablespoonfuls olive oil; place rabbit in center, six potatoes cut in quarters; add one can tomatoes, two cups water, half cup mushrooms, salt and pepper; bake slowly half hour. Serve.

Italian Sausage

Two cloves of garlic, half onion chopped fine; fry in two tablespoonfuls olive oil or lard; add one can tomatoes, salt and pepper to taste; add one Italian squash cut in two-inch squares; boil twenty-five minutes. Fry sausage separate until brown; pour sauce over and serve hot.

Flank Steak (a la Italiene)

Take one pound flank steak, make pocket; take one cup bread crumbs, half cup Roman cheese grated, one spray parsley, two cloves garlic, half onion; chop fine; add two eggs, salt and pepper and pinch of sage; mix well all together; stuff flank steak; sew pocket; lay in bake pan in two tablespoonfuls olive oil; add half can tomatoes, one green chili pepper, salt and pepper; bake thirty minutes. Serve with boiled potatoes. Round steak can be used.

Chicken a la Cusimano

Take whole chicken that has been dressed ; to a fourth of a pound of hamburger add half onion, two cloves of garlic, three leaves mint, three leaves rose-mary, half teaspoonful allspice, half teaspoonful cloves, two sprays parsley, one slice Roman cheese ; chop fine all together ; then add whites of four eggs, half cup bread crumbs, salt and pepper to taste, two tablespoonfuls olive oil ; mix all well together ; stuff chicken and sew ; into a bake pan put four tablespoonfuls olive oil ; place chicken in center, six potatoes cut in quarters around ; add one can tomatoes ; bake in moderate oven one and one half hours, basting often with tomatoes (delicious).

Italian Stew

Take two pounds of beef stew; into a sauce pan put three tablespoonfuls olive oil, half onion, two cloves of garlic, three leaves mint, three sprays parsley, one spray rose-mary, one spray thime; chop all together fine; put to fry with meat in olive oil, stirring until nicely browned; then add two cans tomatoes, cook ten minutes, then add four cups water; stew slowly half hour; add six potatoes cut in quarters; cook until potatoes are done (delicious). Sauce may be used over No. 25 Cannaroni or No. 26 Rigatoni with grated Roman cheese on top.

Roast Leg Lamb (a la Italiene)

Cut six or eight slits in leg of lamb, put one clove of garlic in each slit; rub salt and pepper over lamb; put two tablespoonfuls olive oil or lard in bake pan; place roast in center; add six potatoes cut in quarters; add one can tomatoes, two cups water; bake slowly one hour and half.

SALADS

Italian Salad Dressing

Two tablespoonfuls olive oil, one tablespoonful vinegar, half clove garlic chopped very fine, fourth teaspoonful paprika, salt and pepper to taste; mix very well and shake before using (very good).

String Bean Salad

Boil string beans medium, drain and let cool. Dressing for one pound: One tablespoonful olive oil, dessert spoonful vinegar, half teaspoonful salt, pinch pepper; mix well; pour over beans and serve. Greenpod and stringless, may be cooked same way.

Italian Combination Salad

Boil half pound yard long string beans until tender, drain and let cool; cut in two-inch pieces; add four tomatoes, two green onions, two green chili peppers, one cucumber sliced, half head lettuce sliced, half bunch celery, one bunch radishes cut in small pieces. Pour Italian salad dressing and serve.

Beet Salad

Boil half dozen beets until tender, drain; when cold slice; add one head lettuce, one green onion, one-half stock celery, two cold boiled potatoes sliced. Pour Italian Dressing over and serve. Enough for six people.

Cauliflower Salad

One head cauliflower boiled until medium; when cool break in branches, pour over, two tablespoonfuls olive oil, one tablespoonful vinegar, salt and pepper to taste.

Celery a la Italiene

Take one stalk celery washed and dried, cut in pieces two inches long; add following dressing: Two tablespoonfuls olive oil, one tablespoonful vinegar, salt and pepper to taste, pinch of paprika.

Water Cress Salad

Wash and drain; cut medium and serve with Italian Dressing.

Artichoke Salad

Boil artichokes until tender and serve with Italian Dressing.

Asparagus Salad

Boil one bunch asparagus twenty minutes; cut off tender tops and serve with Italian Salad Dressing.

VEGETABLES

String Bean Stew

Put in sauce pan two tablespoonfuls olive oil or lard, chop half onion, four tomatoes; fry together; then add one pound string beans; season with salt and pepper; add one cup hot water; cook until tender.

Lima Beans

Boil one pound dry lima beans one hour; add one onion, two tomatoes chopped fine; add three teaspoonfuls olive oil or lard, salt and pepper to taste; cook fifteen minutes.

Cauliflower Fritters

Boil one cauliflower until tender; remove from water and let cool; break in branches. Take two cups flour, two teaspoonfuls baking powder, pinch of salt and pepper, enough water to make soft batter; dip cauliflower in batter and fry in hot olive oil or lard until brown (delicious).

Egg Plant Fried

Slice one eggplant lengthwise one-fourth-inch thick; rub salt on each side; put in dish to drain ten minutes; remove water and wash; dust with salt and fry in hot olive oil or lard. Delicious for breakfast.

Egg Plant Stew

One egg plant; make four slits and peel; put one clove garlic in each slit. Into a sauce pan put two tablespoonfuls olive oil or lard, one onion chopped fine; fry medium; add one can tomatoes, two cups water; stew ten minutes; add egg plant, salt and pepper to taste; stew fifteen minutes.

Egg Plant Dried

Slice egg plant one-fourth-inch thick lengthwise and lay in sun to dry, turning each day; when completely dry put in a bag in dry place; when ready to use soak in luke warm water fifteen minutes; use like fresh.

Baked Onions

Take six onions, lay in bake pan with skins on; bake in hot oven; serve hot with salt and pepper and butter.

Bell Peppers Stuffed

Take six bell peppers, cut tops, scoop out; také half pound hamburger; add one onion, two cloves of garlic chopped fine, three tablespoonsful grated Roman cheese, half cup bread crumbs, one egg, salt and pepper to taste, pinch paprika; mix all together; stuff peppers; fry one onion chopped fine in two tablespoonfuls olive oil or lard; add one can tomatoes, two cups water; add peppers; cover and stew thirty minutes; stir often. Pimento chili may be used same way.

Bell Peppers Pickled

To each two cups of water add three cups vinegar; put peppers in jars and cover with vinegar; seal; will keep any length of time. Mexican chili may be pickled same way.

Pea Stew

One pound green peas; put two tablespoonfuls olive oil or lard in sauce pan; add one onion chopped fine; add peas; fry for five minutes, stirring constantly; then add six tomatoes chopped fine, three cups water, salt and pepper to taste; cook until peas are tender.

Cabbage Pickled

One head cabbage cut in quarters; have salt water boiling; add cabbage; boil until medium, then remove from water; when cool put in jars and cover with cold vinegar and seal. Early Drumhead, Autumn King, Danish Ballhead cabbage may be pickled same way for winter and used in following way: Remove from vinegar and wash in cold water; slice fine and add to soup, or salads.

Pickled String Beans

Boil in boiling salt water until medium; drain; and when cool put in jars; pour cold vinegar to cover and seal (delicious for winter). When removed from jars may be used for salad. Canadian, Wonder Wax, Ventura Wax string beans may be used in same way.

Chicory

In three quarts water cut one head chicory in quarters; boil until tender; remove; add to water two table-spoonfuls olive oil, salt and pepper. (Very healthy for the stomach). Chicory may be used in salad. Mustard greens and spinach may be used same way.

Fried Pumpkin in Winter

Peel and slice one-fourth inch thick; have olive oil piping hot; sprinkle pumpkin with salt and fry brown on both sides; then fry one onion chopped fine medium; add one can tomatoes; stew fifteen minutes; pour over pumpkin. Delicious for breakfast.

Italian Squash Fried

Slice lengthwise one-fourth-inch thick; sprinkle with salt and pepper; fry brown in hot olive oil.

Tomato Astrato

Take as many tomatoes as desired; slice in halves; sprinkle with salt; put in a wooden barrel in sun for three days; remove water every night until tomatoes are left dry; then pass through colander; put in dish pan to dry in sun; when dry add whole black peppers. Line crock with olive oil and put tomatoes in; cover with napkin saturated in olive oil. This tomato extract may be used in winter for stews, soups, etc.

Tomatoes Dry for Winter

Slice tomatoes in halves; put in sun until dry, one week; then sprinkle lightly with salt. Line crock with olive oil; put tomatoes in layers in crock with salt between and cover; may be soaked in luke warm water ten minutes and used like fresh.

Corn for Winter Use

Lay corn in sun to dry with husks on; when completely dry put in dry place to keep. When ready to use soak over night in cold water; remove husks; boil half hour and use like fresh, any style.

Artichoke Carduna

Take one plant of artichoke; peel and wash; boil in one gallon boiling water, salted, until tender; remove from water and may be used like cauliflower fritters, or may be served the following way: After removing from water, cut in two-inch pieces and pour two table-spoonfuls olive oil, salt and pepper to taste.

Artichoke Stuffed

Take six artichokes; remove first few leaves around; cut tops off one inch. Take one cup dry bread crumbs, half cup grated Roman cheese, three cloves of garlic grated, one tablespoonful minced parsley, break two eggs, salt and pepper to taste, one-fourth cup cold water; mix well together; open leaves and fill. Into a sauce pan put two tablespoonfuls olive oil, one chopped onion; fry medium; add one can tomatoes, two cups water; lay artichokes in tomatoes and cook three-quarters of an hour; keep covered while cooking. After artichokes are cooked remove from sauce pan and use sauce following way: Put one gallon water to boil, adding a little salt when boiling; put in one pound No. 7 Spaghetti Forati or No. 8 Spaghetti; cook thirty minutes, stirring constantly; add four cups cold water, stirring constantly; remove from fire, drain; put a layer of sauce in platter then layer of spaghetti, more sauce and spaghetti until all is used; add Roman grated cheese on top.

Fresh Green Fenchio or Annice

Select the tenderest stocks of annice; wash and peel, leaving leaves. To two bunches put one gallon water to boil; when boiling add annice; cook until tender; when cold may be used for salad or like spinach.

Green Annice Pickled

After washing and peeling, boil in boiling water until cooked medium; when cold put in crock; cover with vinegar and seal.

Asparagus With Eggs

Boil one bunch asparagus twenty minutes; cut off tender tops. Into a frying pan put two tablespoonfuls olive oil; when hot put in asparagus; fry ten minutes; pour over four well beaten eggs; salt and pepper; cook ten minutes, browning on each side. Serve hot (delicious).

Garvanza Beans (a la Italiene)

Take half pound dry Garvanza beans; soak over night in luke warm water; drain water; add fresh water and boil forty minutes; remove from fire; drain water, leaving two cups water in beans; add three tablespoonfuls olive oil; salt and pepper to taste. Serve. (Delicious for breakfast.)

MACCARONI

The following kinds of macaroni can be used the same way: No. 1 Zitoni, No. 2 Ziti, No. 3 Macaroni No. 4 Mezanelli, No. 5 Perciatelli, No. 6 Perciatellini, No. 7 Spaghetti Forati, No. 8 Spaghetti, cooking half hour, No. 9 Vermicelli, No. 10 Vermicellini, No. 11 Capelli d' Angelo, No. 12 Capellini, cooking fifteen minutes, No. 13 Lasagne, No. 14 Lasagnette, No. 15 Reginette, cook half hour, No. 16 Tagliarini, No. 17 Lingue passere, No. 18 Trinettine, fifteen minutes, No. 25 Cannaroni, No. 26 Rigatoni, No. 27 Mustacciuoli, No. 28 Ditali Rigati, No. 42 Maruzze, No. 43 Abissini, one hour, No. 29 Ditali, No. 31 Pennine, No. 32 Stivalletti, No. 33 Ditalini, No. 34 Fagiolini, cook half hour. Have water boiling; to each gallon water add one pound macaroni desired; cooking time mentioned; when cooked add four cups cold water, stirring constantly; drain and serve with Italian Sauce.

Italian Sauce No. 1

Two tablespoonfuls olive oil, one onion, two cloves of garlic, three leaves mint, two bay leaves chopped fine; fry in olive oil medium; add one can tomatoes, three cups water; boil half hour. Boil six eggs separate until hard; peel; put in sauce whole; boil together ten minutes; serve eggs separate and pour sauce over macaroni. A few potatoes cut in quarters may be added to sauce if desired.

Italian Sauce No. 2

Take six fresh, good sized tomatoes, one onion, two green chili peppers; cut in halves; add one head garlic whole; add two cups water and boil all together until onion and garlic is tender; remove from fire; pass through colander. In a sauce pan put two tablespoonfuls olive oil or lard; add sauce, salt and pepper to taste, half teaspoonful allspice, and boil twenty-five minutes.

Lasagne

Three cups flour, one egg, one and one-half cups water; work together to a hard paste; roll out eighth of inch thick; cut three-fourths-inch wide; dry half hour; boil ten minutes. Serve with Italian Sauce and grated Roman cheese.

Pasta (a la Milanese)

Take two cans sardines; drain oil; salt sardines; cut in small pieces; boil four stocks green annice in gallon salt water until tender; drain; chop fine. Take two cups bread crumbs; into a sauce pan put three tablespoonfuls of olive oil; fry bread crumbs until brown. Take one pound No. 11 Capelli d' Angelo; boil in salt boiling water fifteen minutes; drain; put in platter layer of maccaroni, layer of annice, layer of sardines; sprinkle bread crumbs on top; repeat until all is used, adding salt and pepper to taste.

Ravioli (Special)

Take a set of brains; wash and boil in salt water; take one cup dry mushrooms, boil till tender; take two bunches spinach, wash and boil till tender; half pound veal from rump; boil each separate; chop together, adding half onion; break in two eggs; fry all in four tablespoonfuls olive oil; add salt and pepper to taste and half cup Roman cheese grated. Take three cups flour, yellow of two eggs, enough water to make hard paste; work ten minutes; roll out thin; place tablespoonful of dressing every inch and half apart; roll out another piece of dough and place on top; cut round as a dollar, pressing firmly around; let dry three hours before cooking; boil in boiling salt water twenty-five minutes; add four cups cold water; drain and serve with Italian Sauce and grated Roman cheese. Boiled chicken may be used instead of veal if desired.

Polenta (a la Italiene)

To one gallon boiling water, salted, add five cups yellow corn meal, stir constantly one hour until thick; remove from fire. Take one jack rabbit, cut in quarters, boil in half gallon water; add one onion, one head of garlic, three leaves mint, two sprays parsley, one spray rose-mary, one teaspoonful whole spices, salt and pepper to taste; boil one hour; remove spices. Serve one layer corn meal; sprinkle Roman cheese; add half cup rabbit broth; more corn meal, then cheese and broth, until all is used. Serve hot. Rabbit may be served boiled or fried as wished. Corn meal may be cooked same and served with milk.

Rizzoto (a la Italiene)

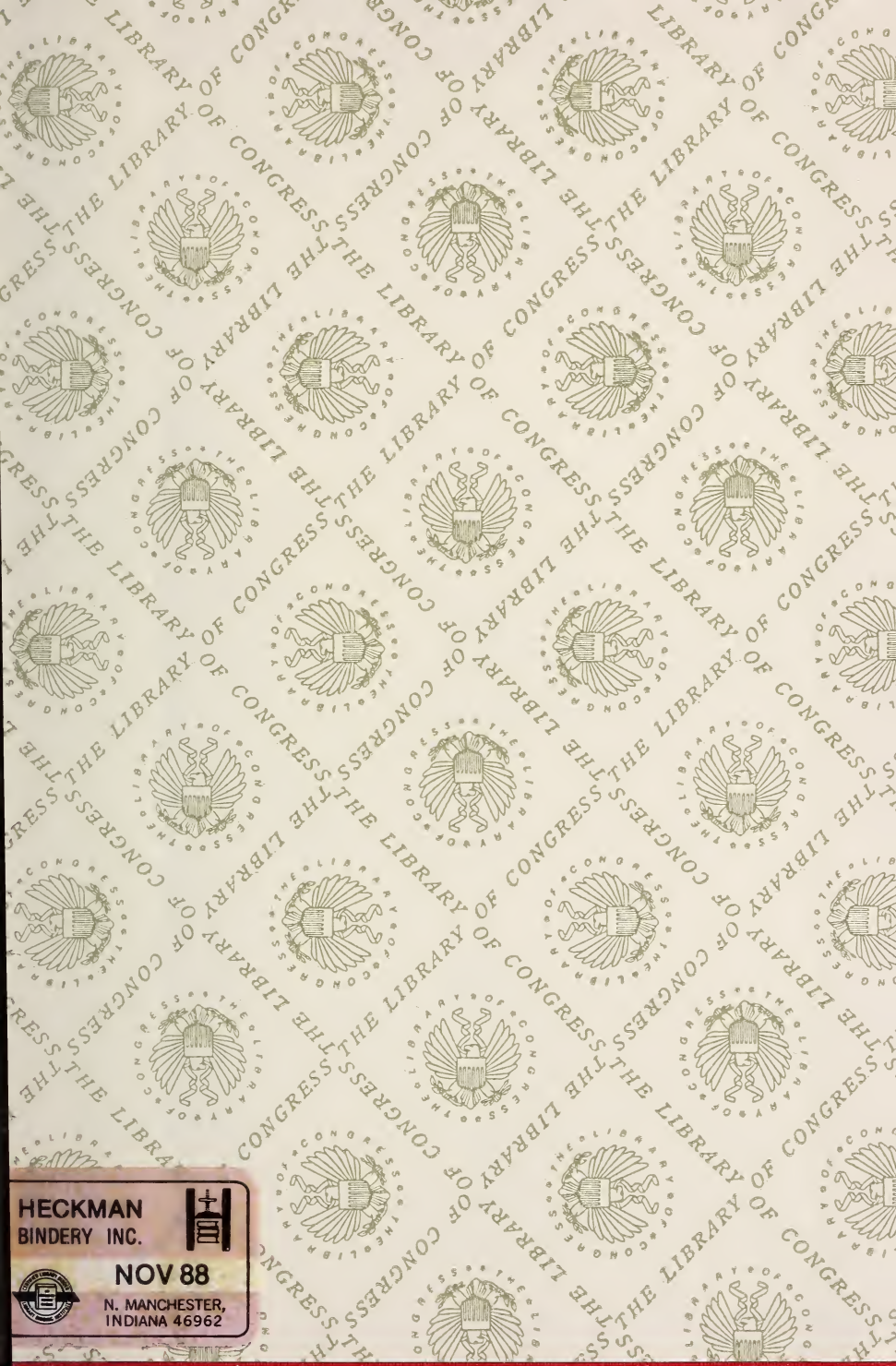
Boil three cups rice in boiling water until done; drain and serve with Italian Sauce and grated Roman cheese.

A very economical dinner can be made by using half dozen fresh tomatoes for Italian Sauce, served on one pound of macaroni (enough for six people); also hand-made Lasagne may be made with three cups flour. Very inexpensive.

When baking bread, take hot loaf; slice through center; add two tablespoonfuls olive oil, salt and pepper; lay other half on top; press together and serve hot (very good).

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